



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

Connecticut

All statistics are based on parental reports.

National %	State %	
14.8	12.3	Percent of children who are overweight
21.9	17.3	Age 10-11
14.4	10.0	Age 12-14
10.7	11.4	Age 15-17
22.4	37.2	0-99% Federal poverty level
19.0	16.2	100-199% Federal poverty level
13.7	10.0	200-399% Federal poverty level
9.1	9.6	400% Federal poverty level or more
18.1	15.2	Male
11.5	9.4	Female
Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week		
71.3	68.5	
78.2	68.9	Age 10-11
74.2	72.3	Age 12-14
63.3	64.7	Age 15-17
76.8	73.9	Male
65.6	62.7	Female
Percent of children who were on a sports team or took sports lessons during the past 12 months		
58.6	68.5	
61.5	76.2	Age 10-11
61.6	66.9	Age 12-14
53.4	64.8	Age 15-17
62.1	71.1	Male
55.0	65.7	Female
72.9	75.8	Percent of children with at least one parent who exercises regularly